

# Casting Out Fat Demons

Sermon Title: **Casting Out Fat Demons**

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**Pastor Nathaniel:** Let us bow our heads. Dear heavenly Father, on this first service of this year. Grant me your understanding, your wisdom, and your tuck to deal with a delicate subject, the other subject that affects for **womb**. Let your knowledge as your wisdom, your grace, and your mercy flow through that this maybe dealt with your kingdom and your people maybe healthier and stronger, that they may glorify you indeed in thy found Jesus of Nazareth, Amen.

The reason that I chose this particular subject on this particular night is because this is the first day of the year, New Year's Day. New Year's Day is best known for the resolutions that so many of us make. Out of all the resolutions that we make on New Year's Day, the number one resolution by a very wide mark, the second one is not even close. The number one resolution that Americans make, that they vow that they will accuse to do for the coming year, the number one resolution, is to loss weight. Many people make their vow into many different meaning but the result of the target goal is the same.

The number one resolution and you see if that is the number one resolution that people make at the beginning of the year. It means that people are conscious of us. It means that we know. We are not ignorant of it. It also means that we want to change it for if we make a resolution, it means that we are both aware and we want to change it. Yet though it is the number one resolution of 1999, just it was the number one resolution of 1998. Just as it was the number one resolution of 1980. It has been number one for a long time because this problem has played the world and God's people for a long time. Surprisingly, it is the subject that is really talked not too much about from the poor pit.

Everyday we talked about it in private but for some reason it is taboo from the poor pit and one of the reasons of its taboo is because it is a little bit embarrassing because the subject waits in effect. First of all it is the subject that was once a Sermon that I entitled, "The One Thing You Cannot Hide." It is one thing that you cannot hide. That is why sometimes all of the other stuff, all of the other sins of grid and of lying. All that kind of stuff is kind of hide me but that is the one thing you can hide. That is why sometimes it is a delicate subject and yet I cannot teach a series on help without dealing with that particular subject because behind cigarette smoking is perhaps the number one cause of our illnesses in terms of its manifestation in excessive weight. I am entitling the Sermon tonight casting out fat demons, casting out fat demons. Now I can pretty much guaranty, none of you ever heard of a firm in casting out the fat demon. Some of you are even wondering if there any such thing as the fat demon. I am here to tell you tonight there is.

First of all, I want you to understand from things, even dealing with fat. There are two kinds of fat in terms of the human body in our modern days per se. The two kinds of what I will call vanity fat and health threatening fat. You see subsiding will go through periods of where what is considered beautiful or in slang terms what is considered very fat. If you look back into the generation twenty years ago and if you look at the number one female sex symbol back in the 60's, that was perhaps "Marilyn Monroe." If you look at the pictures in the pinups of Marilyn Monroe, you will see that Marilyn Monroe of that day would be considered overweight by today's standards.

So often times, what is considered fan, what is considered fat is really the result of the traditions of millions. I do not want anyone here to get caught up in the traditions of many because different people have different body structures. Some people are in perfect health and they had made me a little bit overweight compared to some other people. Vanity fat is based upon traditions and the stand ups of millions.

The other type that is what I will call health threatening. There is a point when there gets to be so much weight on the body and see all of the major diseases are linked to obesity. Every single one of the major diseases, every one of them has a higher, and higher, and higher incident of the disease occurrence. The more weight you put on your body. That is the first factor.

The second thing is if you look at any of the races and the cultures throughout history that had long avid lifespan who find one common factor among all of us. That is all of the people was slender. There is something about when you do have the excessive weight that puts a testing on all of the organs of the body. As a statistical average, it will reduce and cut your life span. When you get into what you call unhealthy type of weight and fat, you are dealing with the danger of cutting your life on the certain. The more I live and the more I get closer to God. To be honest with you, the least I am concerned about the life on this earth.

A long life is really not that important, it is not all that important. The older I get a long life, I am not that really concerned about but what I am concerned about is the time that I spend here. I want to spend in hell, because sickness can mess with you people. I mean it just messes with you. If it is a stomachache, if it is a headache, if it is a backache, I do not care what it is, if it is a toothache?

Sickness messes with you. It is hard to have joy and it is hard to feast when there is something aching and there is something hurting in your body. When you feel like in a lot of people this morning, when they woke up, they felt that they were about to throw up because they have eaten up all night. They felt

good as the stuff was going in but when morning came, that nausea, you know that it is a horrible feeling, feeling like you better throw up.

Sickness no matter what can make your time stand on this earth very, very, very unpleasant. So I want us to understand that an overweight condition is directly related to health. Not only as it is directly related to health, it is even directly related many times to your psychological and spiritual well-being because often times when your body gets sick, you start to feel so sick because you start worrying about what other people are thinking and saying about.

You're your in good shape and thank Him when you are looking good. Generally, most of the time when you are looking good, you feel pretty good because there is something that goes with self image and just a psychological thing that it will help boost your spirit. I mean, you know it does take you to greatest goods in the world. Sometimes just for some other details you are good looking. It helps whether you believe Him or not. I never will forget my father who used to tell me that he was a salesman and he used to go in beauty salons. He talked to the hair stylist and my father could really slather from folk. He said that he is going in and he will just tell the hairstyle, "Oh you are looking so good" and the hairstylist said, just ignore him, God, do you know who you telling with to stop?

Even though she may have known, all of us were slightly exaggerated. It sounded good and it is so good going into that area. It makes you feel better when you are looking better. There is just something about it. That is why most of the people make that number one resolution because they want to look better. When you look better, that will start to even affect your mentality. As a result, you start to feel better, happy out fat demons.

I want you to open your bible to the New Testament to the Book of Mark, Chapter 9, and we will primarily be taking our text in our study from those few verses. The Book of Mark, Chapter 9, and really, I want to teach you some things tonight about casting out fat demons because for many people make that resolution. They go on diet, they go on program, and most of the people that make the resolution loose some weight. That is not the problem. It is not the problem that they loose their weight. The problem is that 92% overall people that go on diet and loose their weight within two years, every pound is back. That is the problem.

The problem is not that they cannot lose their weight. The problem is that they cannot keep it off. They go on a diet and they go on a program and pounds will just shed but when they go back two years after the pounds have been shed, 92% of the people, their weight are back on. Not only is the weight back, it generally comes back on more than what it was before you thought

you could diet in the first place. There is allegiance to that. Let me explain even the physiology acquire weight have ascended and came back even more after you have gone on a diet.

First of all, there is a genetic difference in most people. Some people can eat as much as they want and they never gain a pound. Others could just eat a little bit and every bit seems to stick on. Some of you may see that if you are on that ladder in where the food seems to stick on you. The most is that they just eat a little bit generally more than just a little bit.

Dick Gregory was here not too long ago and I remember him telling of the story. He saw the Diet Father Dick Gregory, the famous Bohemian diet. He said a lady came up to him once and she said, Father Greg, I need for you to give me some of that Bohemian diet that you have because I am just blowing up probably when I eat nothing. I am just saying I eat nothing and I am just blowing up and Dick Greg said, Look lady, I want to follow you around all day long and see what you because if you blow up that day and you are not eating nothing and if I can find out your secret, we can solve the entire world's hunger problem.

Generally, weight is proportional to the amount of food that you take in. Though there are different metabolisms that people have. You see whether or not you are on the naturally skinny or the naturally obese. Therefore, the advantage of this advantage is the pin in the phone worked time in history that we are living.

Right now, that has a slight disadvantage but you think in the olden days when salmon were common. It was a survival mechanism because fats full around the body that allows living longer if the food ran out. You see that problem of fat is. Fat is nothing but stored food and if the mechanism where it is right there when they hide when they eat.

They will eat a lot and then when they go to sleep they will use the stored fat. There is our problem they do not have to eat. There is a time according to Revelation when salmon will come back on the lake. When famine comes back on the lake, the very fact is you may think of the problem as it sticks from you may become a blessing.

I do not know when it is coming. I only know that it is coming. For person who is naturally skinny, that they did not have anything to hold them thru. When the food ran out, they cannot make it long. So what may appear to be a curse, sometime in the future, it will become a blessing. But right now when not in the time of famine and excessive weight has both psychological and physiological decrements. So I will be.

In Mark, Chapter 9, Verse 17, One of the most that you would answer did not said, Master, I have brought on to thee my son which has a dumb spirit and where so ever he take at him, you perish him and he is hungry and noshes with his teeth and time is away. And I seek to thy disciples that they should cast him out and if they could not, and he asked from Him and say, oh faithful this generation, how long shall I be with you? How long shall I suffer with you? Bring him unto me. And they brought him unto him and when he saw him straight away the spirit left him. And he fell on the ground and wallowed home. And he asked his father, how long is it the ghost since this came unto him? And he just said, of a trial. And all times that they cast him into the fire and into the water to destroy him but if thou cannot do anything to have compassion on us. And so, Jesus said unto him, "If thou cannot believe, all things are possible to him that believeth." And straight way the father of the child cried out and said was, "Lord I believe you. Help thou my unbelief."

When Jesus saw that the people came running for the other. He will view the foul spirit slaying unto him. Thou done in their spirit, I tried be, come out of him and answer no more into him. And the spirit crawled and reached him sour and came out of him. And he was as one dead man and so much that many seethe he is dead. But Jesus took him by the hand and lifted him up and he arose. And he has come into the house, His disciples' asked him privately, "Why could not we cast him out?" And he said unto them, "This kind can be comforted by nothing but prayer and fasting."

Now the bible does not particularly deal with the fat demon. That was a demon of death and dumb spirit. But Jesus said, "This time and I believe that also applies to the fat demon, combat only by fasting and prayer."

Anyone who has an NIV version of the bible? No one has an NIV version? The reason I wanted someone to read from the NIV version is because, is that an NIV? Open the NIV to Mark, Chapter 9, Verse 29. Read it.

**Woman:** He replied, "This kind can come out only by prayer."

**Pastor Nathaniel:** Now, that is all. The King James Version says, "This kind can only come out by prayer and fasting, but the NIV says, "This kind can only come out by prayer." Normally I read the NIV version and I wondered why did the NIV version leave out the fasting? I say what was the matter of interpretation and I went back and I looked at this original Greek and when I looked back at the original Greek, the original Greek has the word called [inaudible], which means abstinence or lack of food voluntary or

religious. [Inaudible] means fasting. I have been, went back and catch the original error made it and that had fasting.

I could not understand if the original Greek had it. Is the thing that preceded the Greek? The original error may have it. Why does the NIV version leave out fast? I still do not know the answer to that because it is there in the original kicks but it is idiomatic sometimes of our mentality of dealing with some other things of the flesh. You see the NIV said, "You could get that kind of demon out just by prayer." But Jesus actually says, "It takes prayer and fasting to get that out." I tell you that dealing with the fat demon. That time only come out by prayer and fasting.

You see fasting does not necessarily mean that you have a total axe man of the food because that really is not the way to control our weight problem. Fasting in its overall sense means the abstinence from something in particular. Generally, it means food but not necessarily. If you want to get the fat off, you have got to fast from fats.

That time will only come out by prayer and fasting. I want to show you what happened as Jesus casts this demon out. Again, if you would look at that Mark, Chapter 9, and look what happened in Verse 26, "As the demon came out." The King James says, "And the spirit crowds and rip him soul and came out of him and he walk as one dead and so much that many said, he is dead." The NIV puts it this way, "The spirit threats convulsed him violently and came out. The boy looks so much like a corpse that many say, he is dead."

Do you know that to deal sometimes with the desire of food is a rough thing? How many of you in here track to control your diet? Raise your hand. Do you know that is a rough thing? It is not easy. What people do not understand is that food is an addiction. And you see what the boy had was a foul [inaudible].

Was the behavior of the spirit coming out was identical to what a person goes through when they go to a substance abuse withdrawal? Is there anybody who has ever seen or worked with anybody that he has gone cold turkey from drugs? That is exactly what they go through. Said the boy sleeps as the spirit sleeps and he consoles violently. It is called the shakes.

When a person even stops drinking alcohol they get what is called the disease. It is nothing but the shakes. An addiction of the thing of the flesh, when you break away from the addiction, it starts to literally shake the flesh. Food is a powerful addiction. You see it is not as constant for you to as a drug addiction but it is just addicted.

Do you know that excessive food kills far more people in this country all over the globe put together? Drug, illegal drug kills about the expert estimate with all of the crime, with all of the ODs, the experts estimated that illegal drugs kill about 5000 per year on the low side of the estimate to 30,000 a year on the high side of the estimate. But when you look at just what heart disease do in terms of premature death of people that it takes far before their time.

Heart disease kill more people in a list than all of the illegal will kill on a year. So it is not as powerful and concentrated as an addiction but it is far deadlier as a frugal kind of thing. You would ever have to deal with pulling away from food, something that you really like is rough. It is rough. And I know because I left.

I have a hard time controlling my diet. The Pastor said that he wanted me to preach on health because I have such a strict diet. That is not true. I have a hard time with my diet. I have a rough time controlling what I eat because I like from the start and that is not too good for me.

I was on my mother's house today and she had all of the family there for a big dinner. I looked there in the pot and I tried to get much. She is laughing at me because she knows what was in the pot. That was just the main-course dinner and then I looked there and there they have the desert tray. On the desert tray were brownies and home-made chocolate chips.

Oh I love them! I could sit and eat the whole plate that is all around in one sitting. You are good but they are rich, they are full of chocolate, they are full of fat, they are full of sugar, and you see, I know the chemical breakdown on all of those stuff. But they are good.

I mean those brownies just melt in your mouth and those chocolate chips. And I went over with my plate and I had begun my program on new and refresh of getting my body and my soul and spirit back in tip-top condition. Yet in still when our soul is grounded and I knew those brownies were bad for me. Yet I carried my plate and ride on over it.

You know what I am saying, I could do is just limit how many I got [laughs]. If you know what I am talking about say Amen!

**Congregation:** Amen.

**Pastor Nathaniel:** No it is not an easy to sing. That is why we really can never judge those that are on substance abuse because most of us are always some kind of substance abuse too. It is just a different kind. Most of our cases hold a demon in them.

It is constant everyday battling and even with all of the chemical notice and the National Health notice that I have even with all of the enlightenment. I had used them. Still those brownies were good [laughs]. It is a wrong battle people. That is why I know the difficulty that people have find to keep weight off.

The reason that they never keep it off, they can keep it off for a season but the demon always comes back and takes control. I tell you tonight people, we have got to learn how to cast out the fat demon. You know, food is truly an addiction when all that you eat is taken to excess.

I want you to think about something. Sometimes you can lay a very elementary proof and people can see it very clearly. I want you to think about all those drug addicts that you know or whatever things. I want you to think about all of the alcoholics in the winos that you know and the things.

Do you know one common characteristics of the vast majority of drug addicts, alcoholics, and winos. It is virtually none of them are fat. Think about it. Virtually none of them were fat. I never thought about that. And then you have to ask yourself why? Why is it, that virtually none of the people that are hooked on all those stuff are overweight? Because they just have a different name.

You see, you can see it very clearly. Sometimes you will have people from the street that are weakening of alcohol. We can see the demon, you all think? We can see it clearly. We can smell it. We can hear it in their voice. You can see in their lifestyle. There is no question. And no one has a doubt or question before we said that person is operating and being controlled by demonic spirit.

We can see it just as clear but do you think there are more kind of demonic spirits? It is like when Jesus was tempted in the wilderness. The devil has more than buddy. He does not have just one tool in his toolbox because one tool does not work on everyone but there was in his toolbox and that is why Jesus was the only one that was able to stand out against the whole toolbox.

Jesus was tempted by a lot more stuff than what is in the box. That test is the simplest but Jesus was tempted by more other things. He is just tempted of all things and they do have a woman in there. That is one of the biggest and toughest temptations in the world.

You know what kind of devil who will not going to attempt a real man with a woman. If you were tempted up, are you kidding me? Sometimes we have

problem even thinking of Jesus being tempted with that but I bet that was his roughest temptation.

The devil has in his toolbox all kinds of temptations, your temptation, your weakness, and your demons may not be alcohol, it may not be cocaine, it may not be heroin, but it maybe chocolate chips. That can be just as deadly and as a matter of fact from statistical points, it kills more people than all of that illegal stuff or stuffs the church grounds on.

Look down upon, talk about the stuff that we ignore and things that does not have harm for us. The devil can uplift to see. That is why in the beginning, God says the serpent was the most subtle of all the creatures. He was the most supple, the hardest to detect.

We are looking at all a bladed stuff and yes we can see the demons in there such as talk to kids and the most [inaudible] amount. The devil is a smart something. That he maybe evil but do not ever say he is stupid. [Laughs] He maybe low down. He may be a liar but do not ever say he is stupid.

The bible says, God says, He was the wisest of all the creatures. The devil knew who already took to bring down the following man. And the thing that the devil offered to the man to bring him and cast him out of the garden and to cut his lifespan and then making that will some be it.

It was something to eat. It was something to eat that he had no business in it. That something to eat caused the chain reaction and caused man to be cast out of perfection and shorten his lifespan and the wrong something to eat now kills more questions. In terms of the flesh, in terms of lifespan, and any other thing the devil has not to get to a new tool.

The fat demon and of the rough demon, it is a [inaudible] because I have a battle with them. I am going to tell you even the battle that I had and that is why sometimes we must understand the working of faith and understanding from things. Long before I got married, I had said out to pour myself away from what I was considering my worst demon which was women. I am going to celibate. I am not going to touch that woman. I am going to walk a straight path. That is what I have been. I pull the way from all the women in the world and I went for 14 straight months without so much touching a woman and I slipped up once.

The next day, I feel so bad. I said, Lord, I will admit it, 14 months and slipped up. And as I was praying at 5 o'clock in the morning limiting over that thing, God spoke to me slowly, you made it 14 months, you slipped up, you have got right back on your program, you will able to control sex for 14 months but you

cannot stick on your diet. After a while, He said, you were able to control women for 14 straight months and you cannot stick on you diet for seven days?

I said I am up again to see that food had a stronger grip on me than even sex means. Do you know if you ever go into some congregations or even not congregations, just people out in the work and you will find that if they give up something that they have been addicted to such as cigarettes or sex. The vast majority of the time that they will start to put on weight because they have taken such of the two on one demon for enough because they do not see the fat man because he is the Father. He is smooth.

You know even the fat demons are now on you one time. The fat demon snicks up on me. You are not going to be a skinny and wake up fat? The fat demon speaks up on you. Even now, way approximately 190 pounds, I am fat. Now some of you may not say so but I am. When I got married four years ago I was 160 to 165 pounds. I am now 25-pound heavier than what I was when I got married and I do not know how I got there.

He gets messing at one season in saving my life and yet to save my life in a physical thing. I need to that because sometimes we do not understand what weight does. I had to explain this because sometimes traditional knowledge in their old country stuff will get us messed up. Sometimes you see that people especially used to think that it was a firm of prosperity to be fat.

It is old country stuff. It was fun that you are doing well when you are fat. You did not know you are eating well. See in the olden days when food was a real problem. That was true because only a fat person could have when you are fat in two things. It makes number one that you had an excess for food and makes number two when you did not have to do any manual labor.

It means that you were a rich man. First of all, you do not work manually and you could not get fat no matter how much you eat because you are working too hard. You are out in the field and you do not have time to eat because you are working too hard.

In those days, fat did not mean prosperity. Some of that old tradition has carried through and especially among many of us. It is a misconception that fat represents prosperity. It is even a misconception that fat also represents health. I have heard and see about so many things and sometimes people age and they say why I got to keep some weight on me because I am getting older?

I said, do not you want to stay in that incorrect knowledge. I was talking with one person and you need to be about 50-pound lighter than what you are. He said no, I am too old now to be that skinny. [Laughs] I said why you would not understand as you get older you got to ask from me do not you know something yet you got something to pull from and you feel all that kind of stuff is getting in our speaking patterns. When you got all that weight that is amazing you are sick.

I had to relay that to them like this there was a 5-gallon water. We have got one downstairs at the activity arc. That seats from the water fountain of 5-gallon water jag. I said that you know how much that 5-gallon water jag weighs? It weighs approximately 45 pounds.

Can you imagine picking that 5-gallon water jag up full and scrapping it on your back? I said what is like for your body to carry around 40 or 50 pounds of extra weight. It starts straining your back. It starts straining your circulatory system. It starts straining your joint. It starts straining everything. The fat that builds fat excess toxins or which are cancer weight will sky rocket.

It does some of all kind of mess to the body. The land of plenty has an epidemic of it right now in America. We are more overweight than what we ever been in the history of the world. Sixty percent of all Americans are overweight. I think it is a delicate subject. I do not want anyone to see of that because 60% is almost two out of three. So that means, at least half of the people misses all plots or whether they are hearing you or whether you are watching me on television. Do not feel bad about it.

All of those have the things that you wrestle with. In my extra 15 pounds, maybe in greater spiritual violations in someone else's extra 150 pounds because I know better and sees to a man who know this does right. It is worst than a person who is ignorant but you see that is why you first must have proper knowledge to even be able to begin chipping the fat demon out and getting the fat demon out.

So 60% of Americans are overweight based on insurance tables. Insurance table is a pretty liberal by my definition. The insurance definition of non-overweight is overweight but the insurance company by their table is 60%, almost two out of three Americans are overweight. That is the first statistics. The second statistics is the lower you go on the social economic scale, the greater your chances of being overweight.

Poor people are more overweight than rich folks. Why poor people are more overweight than rich folks. Blacks are more overweight than Whites.

Mexicans are more overweight than Blacks. And American Indians are more overweight than all of you. Why?

You find also about the correlation between the increase in weight are fond to social economic status and it also corresponds to increases in substance abuse. A lot of times, the reason that many of us will eat when we are not feeling very good about ourselves and that is why often times you must understand who you are in Christ so that you will never turn.

We understand and we can see a man turned into a feisty box but it is just of many people turn into fried chicken and the chocolate as it is people from other factories is far more. Often times, the things that we eat, we do not understand that it also contains drugs. Chocolate has a cycle-active compound called [inaudible] and it is just a narcotic. That is why all of your candies contain chocolates. That is why when you feel not better and you eat some candy you will feel a little bit better. It has a drug in it.

Many of the things operate on a physiological level on the body but we can subject to learn how to cast out the fat demon. The spirit cries and wreck Him sword and came out of you and he was as one dead. I will show you that to remove that demon even with the touch of Jesus. Still that fellow went thru something, it is not easy. I am not asking you and show that it is because of the fat demon or the rough demon.

The food demon is one of the roughest demons in the world. God even told me one morning praying, he said, can you **crackle** your back? You will have the other things of the **flesh cock**. See someone, you are looking at me, and says, you know her? Yes, I do. That is why some folks just would not tell you to hold. Yes, I do. I have a big problem with my diet just as most of you do. The fat demon, I have made a determination for the year of 1999.

Then I am not going to let the fat demon beat me. I will get him out of my system. I am going to get him out of my world. You see when you get those demonic forces. You see God gave us dominion over all of the earth. He gave us dominion over everything but the problem is the stock root in us. Do you know God gave you dominion over fried chicken?

45:01

He gave you control and dominion over it. He gave you dominion over sweets. He gave you dominion to all things of the earth but the stock has ruled at us. [Yes] We cannot just think about it without a cup of coffee. The coffee bean ruled at us. The cigarette ruled at us. The tobacco ruled at us. The meat, grease, and the sweets and all that stop ruling.

That God gave us dominion and we have proved dominion back over to the things of the earth. The things of the earth had become our rulers. Whenever you lay and say the rule you made us, not God you got a demon. Whenever you lift anything rules on you that is not God. You got a demon.

The fat demon is one of the toughest ones in the world to deal with. It is society acceptable. He is acceptable about society. It is acceptable. I want you to know and I want you to understand the fat demon is there to rob your self esteem and it is there to rob your health. That is why the devil comes to kill, to steal, and destroy. Anything that kills, steals, and destroys is up the devil.

An excess weight kills your self esteem. It destroys your health and it will put you in the grave far sooner. It is a part of the demon. The bible even says all in Proverbs, Chapter 23, Verse 1, It says when you sit to dine with the ruler, note well for that before you end and put a knife to your throat if you are given the blade.

Now I do not want anybody to go out and cut your throat. [Laughs] What the bible says, if you are demons of goodness, put a knife to your throat. It is time to tell you control your appetite but the fat demon is a rough demon. We will have to go through the processes that this boy has to go through with the kind of demon that only comes out from fasting and prayer.

First thing that you are going to have is the touch of Jesus laid on us because we came to it by ourselves. That is why 92% of the people in two years. That did not count how many in five years. That is just in two years. Virtually everybody goes back. You have got and seek. That is not one of the things that we even asked for if Jesus is healthy? Every time we go to die, we do it on our own.

You never heard anybody stand up and make a testimony that they trust their health and get the fat off them. They do it on their own. When you go outside to deal with the demon on your own, you really are no friend but the fat demon is dropping. He never lets up and sees the world supports the fat demon.

You will see it very clearly when you are going to fast. You turn on the television every other commercial is about food and none of it is healthy. Every time you go on a fasting, you never realized how many commercials you saw. You drive at a street you will see fast food restaurants. When you are leaving, just drive down the street, things you are going to pass is Kentucky Fried Chicken. Second place you are going to pass is Taco Bell. Third place you are going to pass is McDonald's. Fourth place you are going to pass is Wendy's.

These are all places that you are going to pass just on your way home and every single one of the place has got a fat demon in them because all of them serves food and is fundamentally full of fat. The fat demon is strong and you got a grip in the world that is why nearly two out of three Americans are overweight.

So you are not dealing with somebody that did not have some power. Let us see God has all the power but look at the devil, he may be defeated but he is still kicking up of root beer to fuzz. The devil maybe, I do not care what folks that might have a devil. The devil is smart and the devil got plenty of paths because the devil has a grip on most of the people and most of the things in this world. So you got to understand the power of the fat demon. We cannot win against the fat demon. When Jesus laid a hand upon the boy and cast the demon out.

50:03

The spirit crashed and ripped him sword. The NIV says, the spirit freaked, convulsed him violently and came out. Do you know to break the grip of the fat demon and the power of food?

I wish I could calculate. He does not look like Jesus could have pass it and the fellow would not have to go thru anything. The demon howls but the boy went through convulsions and if Jesus land hands on him. The demon freaks as it came out but the boy went through convulsions. And then after he went to convulsions he looked, why do you stare? The folk looked at him and said he did. It shook him about so bad.

The convulsion was so rough and this was with the tough of Jesus. They sought from the look of the boy that he was dead. So I would not sit here and tell you that dealing with exorcisms for fat demon is not going to be easy because when you go on that new diet and I want you to understand something. I do not care what diet you go on but it will not work.

I do not care where at you go. It will not work. You said to the preacher why are you saying he needed? No, it is not going to work because diet, none of them, I do not care what diet you go on. There are a thousand different diets out there to start their diet. There is grape fruit diet. There is high protein diet. There is that crazy diet. None of them worked. And it is not that the diet will not knock the weight out of you. It is this. As long as you consider it to be at diet, you always consider it to be temporary thing.

And you consider yourself doing it so you can just pitch straight and you did not get to normal. [Laughs] That is why 92% of the folks in two years are back where they were before they started and often bigger than that because once you get through with the diet. You go back to where you were. You see if you want to change in your body. It is just like if you want to change in your spirit. That is why [inaudible] on earth so it is on heaven as it is here.

Do you know if you want to change in your physical flesh? If you want to give your life to Jesus, test not to buy it. You can give your life to Jesus. Then get joy and happiness and go back to normal. To what did you were before.

That is right to change people. A diet will never work. It must be a life change. If you work your spirit change, it must be a life change. You cannot come up here in front of the Pastor and give your life to Christ. Live straight for three months and then go back.

That is why when you go on a diet you loose weight and you go back to normal. The weight comes back more than it was before. That is why Jesus said let us just clean out the demon. He comes back inside of the house clean and green. Can you have flush something in there to strengthen us?

The later state of the man is working. If you clean your spirit it will start doing right. Learn about the love of God and go back to what you wear before you ever knew about God. That is why their offended lives are for real when you get fat or as you on the diet because once you have seen the body flu, what it is used of the starvation?

The cells will start storing up food next time because they are going to start off me again. It starts storing the food and that is why you get fatter after you come off your diet. We have got to understand from things. The body is worth a thing that is the spirit. You cannot go on a temporary thing if you want a permanent solution. It must be a change of lifestyle but I will tell you. You must be prepared to go through the same thing that this boy went through.

55:08

When you change that lifestyle and I will be teaching next week, a recap to that on some of the specific things that you can do to change that lifestyle. When you change that lifestyle, that fat demon will hollow. He is going to hollow. It is a little bit rough and your flesh will start to shake. You are not going in to actual physical convulsions from a diet change. What it feels like it? I mean if you have been used to eating something and you have to cut it out and I do not care what it is.

My wife, she started her new program and she has cut lose cheese and bread. She loves cheese and bread but she knew that eating bread is good for her, and did you know she said when she cut lose that cheese and bread. Every time she got around from bread or some cheese, she said that I want to eat so bad, so bad, so bad! So do you know it? You do not know what I am talking about? You know exactly what I am talking about but flesh begins to almost shake. It is the same as you come off of any substance abuse. It is just a little bit more traumatic but it is the same principle.

Whenever you move away from poison, the flesh will start to shake as it withdraws from the poison and when the demon comes out. That is why when you deal with a drug addict. They have to lock him up on a cell because they nearly go crazy as the drug starts coming out. It sends them through all kinds of cravings.

When that demon starts to come out with that dietary and a lifestyle change, it will shake you to pieces. I am not going to see you lying back because it the same kind of demon that Jesus had to deal with in this boy. It only came out through prayer and fasting.

I do not know why the NIV cut that fasting part out because sometimes the church will help you to believe you can just stay on your knees without doing anything. No they want to do something. The fasting is what you are going to have to abstain from some things on a permanent basis for you to get rid of that fat demon but you cannot.

The power of Jesus allows you to do anything in this world. Could you get him out of there? But once he comes out and you know once the demon left? The boy was left in a state that he looked dead. He would not get born again unless it is your first time. You get born to a new creek.

You see there is even a physical truth about that. You may be surprised that once your diet changes and lifestyle. Your body will start renewing itself and some of you will start rolling back to year after your life because did you know the last one thing that weight does to your health will age you.

That will make you look older than what you are? Once you change your lifestyle and the weight starts to roll off. Your years would even roll back but you are going to have to go through some things in order to get that fat demon off.

I have been speaking in terms of this. Fat demon was just a thing of the flesh. I believe for the majority of people that is true but I believe there are from actual supernatural spirits that will make people **glutens** just as we can see

what alcohol do just as we can see it with drugs. You said, preacher why would you believe that, because that is not in the bible?

You know the bible from the most part does not detail all of the things that demons do because the demon really can do just at anything they can do to get you destroyed physically or spiritually. I believe in fat demons on a supernatural basis because I have one and my brother James knows what I am talking about.

60:00

It was years ago, long before I got married, and I believe sometimes God have to let me go through some things so that I would know some things. Because when you have been through it, you know it and nobody can convince you otherwise if you have experienced it. If you have gone through it you know it.

I was in a situation once and it lasted several weeks. I would handle condition where I could not get focused. I could not understand it. I was a vegetarian at that time. I did not eat meat at all. I would go to a restaurant. Even the waiter could come up and say how in the world are you eating all these? I would have told when I finished and have both plates cleaned, I was still hungry. I told them, what in the world something is unusual.

I cannot get through. It lasted for week after week and I will eat it. I will even have to get through my stomach. I was still hungry. I am not sick. I am not depressed. I have nothing psychological. I just came here full.

I knew it was something spiritual from the girl at that time that I was dating and we were talking and she said I cannot get full. I went to praying and I went to fasting. So I know from personal experience there are supernatural forces that can come upon our flesh and we do not even recognize it sometimes. Sometimes the portal of our mind, were our spirits when we get involved in things and left some things into our world and they will come upon us. Their demonic form their manifestation may not appear because people would never suspect the spirit of gluttony to be a part of the demonic attack.

There is nothing to be ashamed. All of you have been attacked by demons. Jesus was attacked by his closest disciple Peter. Get away from me Satan. Do everybody subject to that? You are subjects for as long as you are in the flesh. You will have a cut and there will be some that you will succumb to.

There will be a fat against the flesh and there will be a fat against the spirit because sometimes you know you just seal, you just get mad for no reason at

all. You get irritable for no reason at all. Sometimes that will affect your spirit. Sometimes it is nothing but a demonic fat and so do not believe in demons. You do not believe in demons, you do not believe in the bible.

There is no way around. If you do not believe in demons, you just do not believe in the bible. You do not believe in angel because if the angels exist, demons must exist. I never will forget of a movie that I saw. The movie has to do with it because I am on an airplane and they were transferring from some religious relicts from South Africa or South American culture and had demons there.

When the demon said, God is out in the baggage compartment of the plane they were freed and everybody went down in that compartment. The priest got up. He said he was going down into the baggage compartment. She said father, you cannot go on there. Why are you going down there? He said because as long as I have been the priesthood, I have always had a doubt about whether the angelic forces existed.

He said if I can go around in that cargo holes and seek all demons. He said if demons exist, that means the angels exist. You cannot believe an angel unless you believe in demons. The forces of heaven, the forces of hell, the forces of God, and the forces of Satan are real. They both are hollow.

65:00

God has a war with Satan. So Satan has power. You can look around in the world and see you right now he has a pretty good brief on things. We have to weigh the constant battle and you will have to wait if even within your own flesh and even dealing with the fat demon.

Next week we will proceed again and I will start getting on this very practical sin that we can do to change our lifestyle. Change our lifestyle not a diet because diets do not work. To change our lifestyle so that we can cast out and chip out the fat demon but the prayer is the first thing.

Be prepared to have the demon freed but you see once you rid yourself from all of the things that you thought you cannot live without in terms of food. Because most of that stuff I just learned to hate. Stuff you did not seem used to. Once you get it out on your system, you did not even miss it.

I used to eat all of the stuff everybody else used to eat. I went to the same thing that boils me through. Pulling away from it was rough. Even now when I break away from sweets, it is rough on me but once I am away from it I would not eat it.

All of us have our own demons in one form or another but Jesus came to set us free. We should not be bound by anything. We can cast out the fat demon. Tonight, He instructed me to lay hands each night during this health series. I will lay hands tonight strictly for those that have a food addiction problem and you know it.

Most people do it because I struggle with. So that is why I am not what most people do. Tonight we just want to lay hands and have an anointing for food addiction that we can master. Have nothing of the earth that rules over us. Only the Devine shall be our ruler and will lay hands but you will still have the convulsions, the freaking, and you will almost like your going to die.

I even worked with some people here that have seen from things of what diet does. That is why fasting is so important in the bible. That is why it is mentioned so many times where you can learn to control the diet. You learn to control many of the things that will bring sickness and premature death upon us.

At this time, again I will ask if you wanted touch from the Lord for strength and for removal of that which may or may not be supernatural but just the beginning of the casting out of food addiction or fat demons. I want all of those to stand down and just stand and it will very quick there, fast, nothing elaborate, just a quick touch.

[Music] We shall begin.

[Murmurs] [Music] Thank you so much and I need you, in the name of Jesus.

In the name of Jesus demon shall not test.

[Music]

I pray a sample prayer over everyone, the same words in the name of Jesus, food shall not reign, it shall not rule over you and from this point on you have been given the supernatural power but understand the process, they will be required of fasting portion and though the demon may reach and it may shake your flesh, you have power that food shall not reign, and rule over your life.

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